



**SCOPE**

## FAIRVIEW PARK SENIOR LIFE OFFICE NEWSLETTER

**Mayor Patrick J. Cooney**

May 2021 ♦ 20769 Lorain Road ♦ Fairview Park, OH 44126 ♦ 440-356-4437

### **Fun with Carleen**

Need a break from your everyday routine? Come to the Fairview Park Senior Center and enjoy the outdoors and have some nostalgic fun with jokes, trivia and other fun surprises! Carleen from Rae-Ann Skilled Nursing and Rehabilitation Center will lead us in an afternoon of good times on Friday, May 21 at 1:00pm. Please call to let us know if you are going to be able to attend at 440-356-4437. Can't wait to see you.



### **Virtual Bingo with Devoted**

We will continue our virtual Bingo with Devoted Health Plans on Mondays, May 10, 17 and 24 at 12:00 pm. There will be two sets with a short break in between the sets. There are lots of prizes to win, for participating and winning. Pick up your packets and prizes at the Senior Center. You can join the link [@meet.google.com/gyj-gswm-mfi](https://meet.google.com/gyj-gswm-mfi) or join by phone 929-279-4732, Pin# 928 298 852

### **Ice Cream Truck**

In appreciation of Older American's Month, Devoted Health Plans is going to sponsor Pierre's Ice Cream Truck to come to the Fairview Senior Center. Please come to receive pre-wrapped complimentary ice cream. The truck will be here at our center on May 26<sup>th</sup> at 1:00pm. **Please come and enjoy!!**

### **Stability & Fall Prevention In Person Outdoors**

Vicki Yannie, MS Community Outreach Specialist from **Devoted Health** will teach us simple techniques to enhance your balance. Improved balance increases stability which may help prevent falls. This will be an educational and active-oriented session designed to help decrease the risk of falls in older adulthood by teaching skills and functional movement patterns useful for everyday activities. All you will need is a sturdy chair. We will have this session outdoors on **Thursday, May 20 at 11:00am** at the Fairview Park Senior Center. Class is limited to 15 people, so sign up early at 440-356-4437 by Monday, May 17. **Independence Village** will supply a box lunch for the participants. May is Older Americans Month, so let us keep safe together.

### **Walking Warriors of Fairview Park**

The Senior Center is going to start a walking group. Walking is so simple that almost everyone can do it. We will meet on **Tuesday, May 11 at 10:30am** at Nelson Russ Park, 22323 Mac Beth Avenue, Fairview Park. We will start off slow. Please call us at the 440-356-4437 to register by May 7. You will also need to sign a release form before participating. All you will need is a comfortable pair of shoes and a smile.



**Thanks to our sponsors for a wonderful outdoor event.  
Everyone had a great time.**

Jeff Varga for music, O'Neill Healthcare Fairview for lunch, Devoted Health Plan for favors, Northwestern Healthcare Center for cookies, City of Fairview Park Service Department for making the grounds look perfect, Girl Scout Troop 70087 for the gift bags, Tom for the outdoor banner, Rose and Marilyn.

We appreciate your support.

## Virtual

# BOOK CLUB

The virtual book discussion will take place **Friday, May 28 at 1:00**. We'll be discussing via Zoom about **The Vanishing Half by Brit Bennett**. Participants will receive a copy of the book courtesy of [O'Neill Healthcare](#). We have had a great response. Space is limited in this program so please call to reserve your spot and book today.

## Cleveland Senior Expo

**SAVE THE DATE!** Spring into a whole new market on **Thursday, May 6, 2021 from 9:00am to 2:00pm** at an all new venue, the busy Market Square at Crocker Park. This **FREE** event will host Health Screenings, Demonstrations, Exhibitors and practical advice from local professionals. Make it a day of fun and fellowship with local seniors. For registration and ticket information, go to [CleSeniorExpo.com](#).

## Shred It

The Shredding and Household Hazardous Waste Collection day is Saturday, May 15, 2021, from 9:00 AM to 12:00 PM behind City Hall. **Proof of residency is required.**

**Paper Shredding:** A truck will be on-site to ensure your confidential information is destroyed in minutes. Please do NOT include paper(s) that can be safely recycled every Monday in your green recycle container. This service is for documents that contain confidential information, not any paper source. Please limit the amount of material to be shredded to two (2) copy paper sized boxes.

**Household Hazardous Waste Disposal:** The City of Fairview Park has partnered with the [Cuyahoga County Solid Waste District](#) to provide for the environmentally-safe disposal of hazardous, poisonous, or toxic household products that cannot be disposed in the regular trash.

## WRAAA Meal Program

The Fairview Park Senior Life Office is still delivering three frozen meals, fruit, bread and milk every Wednesday to Fairview Park seniors who are age 60 and older. You must have a registration form on file. A donation is greatly appreciated. This service is made possible through a grant from the Western Reserve Area Agency on Aging. Please call the Fairview Park Senior Center at 440-356-4437 to register or for more information.

## Van Service

Senior Van transportation services are available for Fairview Park residents Monday through Friday from 8:30am to 1:30pm. We are closed the first Monday of the month. There are fees for the van \$2 each way within Fairview, \$3 each way outside of Fairview. Transport to Avon is \$6 each way. The van transports for medically necessary appointments and services such as grocery shopping, banking and prescription pick up. *Please note*, if the schools are closed, the van service will not be available. We can transport more than one person at a time, if required, as we can use the large van, and we will be socially distant. Masks are still mandatory. Please call the Senior Center at 440-356-4439 to make your appointment and for more detailed information.

*Happy Mother's Day to you!*

